



# **San Francisco VA Health Care System**

**2017-2018**

Psychology Externship Program

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## Psychology Externship Training Program Training Year 2017-2018

Application deadline is **February 22, 2017**

### Training Opportunities

San Francisco VA Health Care System (SFVAHCS) offers a multitude of tracks for psychology doctoral students to train on externship (practicum). Two of our community based clinics outside of San Francisco: **Community Mental Health/Santa Rosa CBOC** and **Community Mental Health and Behavioral Medicine/San Bruno CBOC**; as well as several rotations at our San Francisco campus: **General Addictions; Substance Abuse/PTSD; PTSD Treatment; Women's Mental Health; Health Psychology; Integrated Care Psychology; HIV and Liver Disease; General Outpatient Psychotherapy; Neuropsychology; and Psychosocial Rehabilitation**. We are also excited to add two new rotations this year: **Telemental Health Psychology** and **Outreach and Administration in Women's and LGBTQ Healthcare**.

The following pages include specific descriptions of the separate externship training rotations. A copy of our comprehensive Psychology Doctoral Internship Training Program brochure is available on our website if you would like more information about our medical center and our training site.

<http://www.sanfrancisco.va.gov/education/psychologytraining.asp>

### Eligibility & Requirements

To be eligible for externship placement at San Francisco VA Health Care System, you must in good standing at an APA accredited doctoral program in psychology. All applicants must have had varicella (chicken pox) or the vaccination and will be required to take a PPD test prior to start. San Francisco VA is a drug-free workplace.

Externships are without financial compensation and are typically 16-20 hours per week; days and hours will be negotiated with supervisors and may vary between emphasis areas. The training year begins on **July 1** and ends on **June 30**. There is a 3-4 day required Psychology Trainee Orientation at the start of the training year (**July 3, July 5, July 6, July 7**).

### Application Procedure & Selection

To apply, please copy and paste the application at the end of this brochure into a word or pdf document and email the enclosed application materials to **SFVAMC\_MHS\_psychology\_practicum@outlook.com** no later than **February 22, 2017**.

On the application cover page, Section 1, please **rank order** your preferences if you are applying to more than one area. Your application will be reviewed by the rotation supervisors you selected in your rank order list. If a supervisor in a specific rotation would like to invite you for an interview, they will contact you

directly to set up a date and time. If you are not invited to interview by an emphasis area, you will not be considered or ranked by that particular emphasis area. Interviews will take place during March.

SFVAHCS is participating in the BAPIC Match\* and will submit individual rankings for each emphasis area on **April 5, 2017**. BAPIC Match Results will be announced on **April 12, 2017**.

\*If your program does not participate in BAPIC or you are not enrolled in BAPIC, please note that in your application or let us know directly in your interview so that we can consider you outside of the formal match.

Please note: It is important that applicants be aware that we make a clear distinction between “internship” and “externship” training, and applicants are asked to sign a brief statement at the end of our externship application so as to avoid any misunderstanding. We use the term “externship” to denote a part-time (less than 40 hour/week) unfunded practicum experience with a concentration in a particular area. The hours accrued as an extern at our medical center are not counted for California licensure as a psychologist. If you are a respecialization student and need to count your hours, please discuss this with your potential supervisor during your interview.

### **Contact Information**

For questions about specific rotations, you may contact the supervisors directly at the email address listed on each rotation description. General administrative questions may be sent to Danielle Moriarity at [danielle.moriarity@va.gov](mailto:danielle.moriarity@va.gov) and general questions about the overall SFVAHCS Psychology Training Program may be sent to Kellie Rollins, PsyD, Director of Training, at [kellie.rollins2@va.gov](mailto:kellie.rollins2@va.gov).

Note: We kindly ask that you do not call the program to check on the status of your application unless you feel there is a clear problem with receipt. We aim to preserve staff support resources as much as possible in order to sort and review applications in a timely manner.

Thank you for your interest in our program.

## **Santa Rosa Community Based General Mental Health (SR-CBOC)**

The Santa Rosa CBOC is located 60 miles north of San Francisco. As a satellite clinic of the San Francisco VA Healthcare System, we serve Veterans from Marin, Sonoma, Napa, Lake, and Mendocino counties. The Santa Rosa Clinic is the largest VA CBOC in Northern California, with nine specialty clinics onsite treating more than 9,000 veterans.

The Mental Health Clinic functions as a generalist clinic, with a strong emphasis in community-based care and evidenced-based treatments. The clinic sees a diverse patient population with an increasing number of returning OEF/OIF/OND veterans, as well as aging Vietnam and older veterans. The Mental Health Clinic provides high quality care for veterans with both acute and chronic problems across the lifespan, including the treatment of posttraumatic stress disorder related to combat and military sexual assault, substance use disorders, anger management, depression, nightmares, chronic mental illness, and psychiatric illness co-occurring with medical conditions. The MH team in Santa Rosa consists of six psychologists, two psychology postdoctoral fellows, one psychology extern, four psychiatrists, two psychiatric nurses, one clinical social worker, one psychiatric nurse practitioner, two peer specialists, and staff assistants. Mental health providers have expertise in multiple areas, including behavioral health, substance use disorders, group therapy process, PTSD (including Cognitive Processing Therapy and Prolonged Exposure), geropsychology, mindfulness, women's health, couples therapy, and suicide prevention.

The Santa Rosa CBOC offers one externship (16 to 20 hours per week) to advanced pre-doctoral students enrolled in APA-accredited psychology programs. These hours can be covered over two full days or three part-time days in the clinic. Doctoral students in their fourth or fifth year of training are given preference due to the complexity of the patient population we work with. The primary emphasis of the externship is general skill development focused on clinical interviewing, diagnostic formulation, clinical conceptualization & writing, and evidence-based individual and group treatment. Each week, externs typically conduct one initial assessment, provide individual therapy to two or three patients, and co-facilitate one therapy group.

Externs function as an integrated part of our multidisciplinary team and will receive weekly clinical and didactic training, as well as participate in clinical team meetings and case presentations. Externs receive at least one hour per week of individual supervision with a staff psychologist and one hour of group or individual supervision with a postdoctoral fellow. Consultation with clinic physicians and staff occur regularly.

Contact: Dr. Joseph, Santa Rosa CBOC Training Coordinator at [Jeremy.Joseph@va.gov](mailto:Jeremy.Joseph@va.gov)

## **Community Based, Mental & Behavioral Health (San Bruno)**

The community-based mental and behavioral health program provides clinical training in diverse aspects of evidence-based psychotherapy, behavioral medicine, and referrals from primary care, intakes and assessment (occasionally brief neuropsychological batteries), as well as exposure to interprofessional, team-based care. This program is housed at the San Bruno VA Community-Based Outpatient Clinic (CBOC)—part of the San Francisco VA Health Care System—with three primary programs: San Bruno CBOC mental health specialty clinic, San Bruno CBOC primary care behavioral medicine referrals, and Patient Aligned Care Team (PACT) Intensive Management (PIM).

In the San Bruno VA CBOC mental health specialty clinic, clinicians provide goal-focused individual and group psychotherapy to a relatively diverse Veteran patient population struggling with a wide range of mental health issues, including PTSD and other trauma-related stress, mood disorders, anxiety disorders, anger issues, sleep issues, addiction issues, and interpersonal issues. San Bruno CBOC mental health cases will be supervised by Dr. Koo and/or a psychology fellow, as appropriate. Clinical supervision and clinical care will consistently and critically include multicultural consideration of both the patients and the clinician. The San Bruno CBOC has an integrated primary care psychology fellow who receives warm hand-offs and referrals for behavioral medicine services (i.e. smoking cessation, pain management, weight management, insomnia, chronic disease management primarily). Appropriate behavioral medicine cases could be seen by the extern and supervised by the integrated primary care psychology fellow and/or Drs. Koo/Ewigman.

The PIM program is a new initiative by the VHA to better manage complex patients with multiple biopsychosocial concerns. The team consists of a geriatrician, psychologist (Dr. Ewigman), two social workers and two RNs. The PIM team is housed at the San Bruno CBOC but provides clinical services in the community, in veteran's homes and at all VA sites of care. Clinical training is provided in the area of interprofessional collaboration, case management, motivational interviewing, potentially telemental health and biopsychosocial multimorbidity. Common veteran concerns include non-adherence, depression, PTSD, dementia-related problematic behaviors, caregiver support, chronic pain, adjustment to chronic disease, substance use disorders and clutter/hoarding. Externs will have the opportunity to provide care for complex veterans through a combination of clinic, home, telephone and potentially hospital visits.

To summarize, potential clinical opportunities can include:

- Maintain caseload of individual therapy patients and brief behavioral medicine cases
- Consult with interdisciplinary team of providers on cases
- Co-lead psychotherapy groups
- Conduct intakes for patients interested in mental health services
- Implement evidence-based therapies, including Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), and PTSD-specific treatments including PE and CPT
- Participate in didactic and training opportunities at other SFVAMC clinics (e.g. Substance Abuse didactic seminar; CBT seminar)
- Perform community-based mental and behavioral health assessments in community settings via home visit (as appropriate)
- Perform chart reviews using evidence-based guideline reviews for conditions relevant to complex patient populations

- Coordinate care between primary and specialty care
- Engage in quality improvement and/or program development opportunities as available

### **Supervision**

Clinical supervision is provided by Kelly Koo, Ph.D., for San Bruno mental health cases. Clinical supervision for PIM is provided by Nate Ewigman, Ph.D., M.P.H. Clinical supervision for behavioral medicine cases is provided by primary care psychology fellow and Drs. Koo/Ewigman as needed.

### **Didactic Training**

Externs will have the opportunity to attend weekly Health Psychology Seminar remotely or other interprofessional conferences. Topics include chronic pain, adjustment to illness, integrated models of care, cognitive behavior therapy, self-care in disease management, weight management, stress management, smoking cessation, mindfulness, biofeedback, and hypnosis. There are also presentations on various topics in general medicine including coronary heart disease, hypertension, diabetes, chronic obstructive pulmonary disease, and cancer. Health Psychology Seminar occurs Mondays at 9.

PIM program has biweekly didactics involving national PIM sites and VA central office staff. Topics include the management of complex veterans, goal setting, interprofessional communication strategies, team building/burnout prevention, etc. PIM didactics occur Tuesday at 12 and PIM team meeting occurs 9-11:30 every Tuesday. PIM is not available on Fridays.

### **Externship Positions**

There are up to two externship training positions available in the Community-Based Mental & Behavioral Health program during any given training year. Externship training is structured as a part-time (16-20 hours/week) training experience over a 12-month period at the San Bruno CBOC. All clinical training activities in Health Psychology are flexibly scheduled, with either Monday or Tuesday and either Thursday or Friday. The training year begins on July 1st and continues through June 30th.

Externs in Community-Based Mental & Behavioral Health spend their time as follows (based 20 hours/week):

- 12-16 hours of direct patient care (split roughly in 1/3s between clinical activities)—80% time
- 1 hour of seminar/didactic training—5% time
- 3 hours receiving clinical supervision—15%

Contact information: Drs. Koo & Ewigman at [Kelly.Koo@va.gov](mailto:Kelly.Koo@va.gov) and [Nathan.Ewigman@va.gov](mailto:Nathan.Ewigman@va.gov)

## General Addictions Clinics

The General Addiction Clinics Externship includes a range of excellent training opportunities in the assessment and treatment of substance use disorders and co-occurring conditions that span the continuum of recovery from initial engagement and contemplation of change through long-term recovery. This rotation is embedded within Addiction Recovery Treatment Services and the primary program areas encompassed include the Intensive Outpatient Program (IOP), the Drug and Alcohol Treatment Clinic (DAT) and the Transitions Program. The extern will work with veterans with a wide range of substance use and psychiatric comorbidity as well as considerable psychosocial stressors. Problems may include psychiatric disorders such as primary affective disorders and primary psychoses, transient affective or psychotic symptoms resulting from substance abuse, PTSD or other anxiety disorders, dementia and varying degrees of cognitive impairment, and personality disorders. Substances used include alcohol, amphetamines, cocaine, benzodiazepines, opiates and cannabis. Approximately 70% of veterans who participate in the IOP or DAT programs have problems with multiple substances.

Each of the clinical experiences in this rotation occur within the context of multidisciplinary teams and in a rich training environment. You will have an opportunity to work with other trainees, including addiction medicine fellows, anesthesia pain fellows, psychiatry residents, medical students, and other psychology trainees. The multidisciplinary team environment allows for a unique opportunity to collaborate with experts in related fields.

The **Intensive Outpatient Program (IOP)** provides comprehensive individual and group treatment for substance use and co-occurring disorders with programming occurring from 9 am- noon M/W/F and optional clinical activities on T/Th. The program is designed to assist individuals with a goal of abstinence from substance use. Clinical interventions are designed to address substance use, co-occurring mental health disorders, as well as SAMHSA's 4 dimensions to support a life in recovery (Health, Home, Purpose, and Community). Attendees are encouraged to participate in recovery activities in the community including mutual recovery groups (e.g., AA, NA, Life Ring, SMART Recovery). Groups in IOP include CBT-Relapse Prevention, Seeking Safety, DBT Skills, Community meetings conducted with an MI frame, Goal Setting, Spirituality & Recovery, and Nutrition. Individual care coordination sessions occur at least weekly and all veterans receive initial psychiatric evaluation and follow-up as indicated. While each patient has a case manager, groups are the primary mode of treatment.

The **Drug and Alcohol Treatment Clinic (DAT)** is designed to encourage long-term continuing care, with both an abstinence-based track and a harm reduction track. Treatment within the abstinence track is based on a three phase model (roughly equivalent to stabilization/sobriety, sustained recovery/abstinence, and integration/ ongoing maintenance). The harm reduction track uses a motivational interviewing approach to engage veterans and assist them in working towards change. The DAT clinic utilizes group psychotherapy as the main treatment modality

Early treatment is highly structured and behaviorally oriented. There are skills-based groups such as CBT Relapse Prevention, Mindfulness Based Relapse Prevention, and Dialectical Behavioral Therapy with a SUD focus. Semi-structured, process style groups, where advanced phases are progressively less structured and more psychotherapy/insight oriented are a key part of most veteran's care in the DAT clinic. In this context assisting veterans with recovery involves care coordination and collaboration with



numerous community partners including transitional housing and residential treatment programs, back-to-work programs, VA medical providers, probation officers, and various social service agencies.

The substance use **Transitions Program** is a recently developed program designed to enhance opportunities for early engagement and initiation of treatment for Veterans with substance use problems. Currently the primary clinical activities available in this rotation are centered around Motivational Interviewing/Harm Reduction based groups. Individual MI interventions are often conducted formally and informally to help address ambivalence about changing substance use and related behaviors. This program is housed within the Addiction Recovery Treatment Services yet most of the activities occur in other areas, including the Behavioral Health Access Center, the Primary Care clinics, the Community Living Center, and other areas of the medical center. The Transitions Program is new and continuing to evolve and expand so there is an active and continuous process of program design, development, and evaluation.

Extern activities in the above clinics will include co-leading groups, providing care coordination, and individual therapy. Externs in this rotation will work closely with the Psychology staff and become valuable members of the multidisciplinary team. Externs will work with their primary supervisors to determine individualized training plans that will include didactics and readings in addition to the clinical opportunities described above. There are two seminars that are open and available to externs in the General Addictions Clinic. Externs may participate in a Substance Abuse Programs seminar facilitated by John Straznickas, M.D. that fulfills the substance abuse requirements for state licensure (Fridays noon to 1pm for 6 months) and/or the advanced substance use disorders seminar (Wednesdays 1-2:30 year round), which often features cutting edge research and guest lecturers who are experts in the field. Externs will be encouraged to develop talk and deliver case presentations when possible.

Externs will be selected to work with one of the Staff Psychologists as a primary supervisor, but may have the opportunity to do rotations or focused projects or cases with other supervisors within ARTS. The possible supervisors are Chris Galloway, PhD, Stephanie Cardoos, PhD, and/or Kellie Rollins, PsyD.

Contact information: Dr. Galloway at [Christopher.galloway@va.gov](mailto:Christopher.galloway@va.gov)

## General Psychiatric Outpatient Program (GPOS) Psychotherapy Clinic

The GPOS Psychotherapy Clinic at the VA San Francisco Medical Center provides training in evidence-based psychotherapy for the treatment mood and anxiety disorders, as well as related and co-occurring conditions (e.g., borderline personality disorder, psychotic disorders, insomnia, nightmares). The program focuses on the use of evidence-based psychotherapy (primarily cognitive-behavioral interventions) and the use of case formulation to guide treatment. Trainees can participate in structured cognitive-behavioral group therapy for major depression, CBT group for anxiety disorders, and individual cognitive-behavioral therapy for mood and anxiety disorders. Trainees may also join the Dialectical Behavior Therapy (DBT) team: This includes participation in the weekly team meeting on Tuesdays and can include conducting individual DBT and/or co-leading a formal DBT skills group for Veterans with borderline personality disorder and/or a history of high risk behavior. Additional possible opportunities (depending on resources, interest, and patient need) include cognitive-behavior therapy for psychosis, cognitive-behavior therapy for insomnia, imagery rehearsal therapy for nightmares, mindfulness-based stress reduction, diagnostic assessment using the Structured Clinical Interview for the DSM-IV (SCID), diagnostic screening, and provision of services via video-conference.

### Supervision

Clinical supervision will be provided by John R. McQuaid, PhD, Karen Kasch, PhD, and Susanna Fryer, Ph.D., and there are opportunities to work with and receive supervision from GPOS psychiatrists, psychologists, and nurses. Supervision will be provided in weekly one-on-one sessions and co-therapy experiences in cognitive-behavioral groups. Treatment will be either audio or video recorded for supervision purposes. Trainees can also participate in group supervision team, and receive additional supervision from postdoctoral fellows in the rotation.

### Didactic Training

There is a weekly, 9-month long seminar open to trainees and staff on evidence-based psychotherapy. Topics include principles of cognitive and behavioral therapies, overview of current evidence-based therapies (interpersonal psychotherapy, dialectical behavior therapy, “third wave” interventions) application to specific disorders (depression, anxiety, personality disorders, psychosis) and additional topics of interest to the class.

### Externship Positions

There will be up to three externship training positions available in the GPOS Psychotherapy Clinic during any given training year. Externship training will be structured as a part-time (up to 20 hours/week) training experience over a 12-month period. The training year begins on July 1st and continues through June 30th. Externs are anticipated to spend their time as follows:

% Effort	Hrs/wk	Training Activity
75	15	Direct patient care & documentation
10	2	Seminar/didactic training
15	3	Supervision

Contact information: Dr. McQuaid at [john.mcquaid@va.gov](mailto:john.mcquaid@va.gov)

## Health Psychology

The Health Psychology Program provides clinical training in various aspects of behavioral medicine, including pain management and cognitive-behavioral treatment of anxiety, depression, and adjustment to illness. Clinical training is provided in other aspects of behavioral medicine including adjustment to chronic illness, smoking cessation, weight control, and treatment of psychophysiological disorders. The externs in Health Psychology provide psychological consultation and conduct stress and pain management therapy (both group and individual), biofeedback, and hypnotherapy. In addition, they perform psychological evaluations for candidates for bariatric surgery, co-lead weight control groups and serve on interdisciplinary teams in the areas of pain management, smoking cessation, and obesity treatment (VA MOVE!). Additional collaborative interprofessional group experiences include cognitive behavior therapy for insomnia (CBTi) and Progressive Tinnitus Management (PTM).

### Supervision

Clinical supervision is provided by Timothy P. Carmody, Ph.D., Director of the Health Psychology Program. Supervision is provided in weekly one-on-one and group sessions, case conferences, collaborative assessments, and co-therapy experiences in cognitive-behavioral groups. Externs also participate in the interdisciplinary Pain Assessment Clinic on Monday afternoons with additional supervision provided by Dr. Payal Mapara and co-lead pain management groups with supervision provided by Dr. Erin Watson.

### Didactic Training

There is a weekly Health Psychology Seminar. Topics include chronic pain, adjustment to illness, integrated models of care, cognitive behavior therapy, self-care in disease management, weight management, stress management, smoking cessation, mindfulness, biofeedback, and hypnosis. There are also presentations on various topics in general medicine including coronary heart disease, hypertension, diabetes, chronic obstructive pulmonary disease, and cancer.

### Externship Positions

There are two externship training positions available in the Health Psychology Program during any given training year. Externship training in Health Psychology is structured as a part-time (16-20 hours/week) training experience over a 12-month period. All clinical training activities in Health Psychology are scheduled on Mondays, Wednesdays, and Thursdays. The training year begins on July 1st and continues through June 30th.

Externs in Health Psychology spend their time as follows (based on 20 hours/week):

#### % Effort Hrs/wk Training Activity

75	11-15 Direct patient care
10	2 Seminar/didactic Training
15	3 Supervision

Contact information: Dr. Carmody at [timothy.carmody@va.gov](mailto:timothy.carmody@va.gov)

# Integrated Care Psychology in HIV and Liver Disease

The integrated care psychology in HIV and liver disease externship provides clinical training in various aspects of health psychology and behavioral medicine in treating patients living with HIV/AIDS, hepatitis C virus (HCV), or other liver diseases (e.g. cirrhosis, liver cancer). For veterans living with HIV these include a wide range of clinical issues including adjustment to diagnosis, stigma, medication/treatment adherence, pain management, substance abuse, smoking cessation, and other behavioral health issues related to disease prevention and healthy living. Externs will also see patients for anxiety, depression, PTSD, and other mental health concerns. For veterans living with hepatitis C, externs will see patients for treatment-focused evaluations to determine the patient's readiness for antiviral HCV therapy; externs will also see patients for brief individual follow-up to increase readiness for treatment (e.g. harm reduction, motivational interviewing), and provide on-going support for patients while on HCV treatment. Other clinical opportunities include: brief cognitive testing and provision of tele-mental health follow-up. There are opportunities to co-lead groups in both clinical settings and opportunities for training in Acceptance and Commitment Therapy (ACT).

This externship has a heavy emphasis on multicultural humility and work with diverse populations. As such, the group supervision seminar incorporates elements of diversity/multicultural training through discussions, lectures, guest speakers, and both didactic and experiential learning.

## Potential clinical opportunities include:

- Co-lead Hepatitis C support group or HIV support group
- Conduct Hepatitis C focused tele-mental health sessions
- Conduct initial intakes for patients living with HIV or hepatitis C and interested in mental health services
- Conduct treatment-focused mental health evaluations to determine readiness for antiviral treatment
- Conduct brief neurocognitive evaluations of HIV and Hepatitis C patients and write report
- Maintain caseload of individual therapy patients, referred through the HIV and/or Liver Clinic
- Consult with medical providers and other mental health providers on cases
- Co-facilitate shared medical appointments
- Participate in quality improvement or program development activities (e.g. grants, program evaluation)

## Externship Positions

There is one externship training position available in the Integrated Care Psychology in HIV and Liver Disease program. Preference will be given to advanced doctoral externs entering at least their 3<sup>rd</sup> year of training. The externship is structured as a part-time (20 hours/week) training experience over a 12-month period. The extern will be expected to be on campus on Tuesday, Wednesday, and/or Thursday (time spread across two or three days; see example schedule below). The training year begins on July 1st and continues through June 30th.

<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Scheduled activities</b>
Monday	9:00-10:00am	Virtual	National HIV/HCV Didactic Seminar
Tuesday	8:00-5:30pm	Ft. Miley Campus	11:00-12:00pm Group Supervision
Wednesday	8:00-5:30pm	Ft. Miley Campus	11:00-12:00pm ACT Learning Group

## Supervision

Supervision is provided in weekly individual and group supervision. One hour of face-to-face individual supervision and one hour of group clinical supervision will be provided by William Hua, PhD, staff psychologist and coordinator of integrated care psychology services in the HIV and Liver clinics; additional supervision may be provided in specific activities (e.g. in-clinic supervision, curbside consultation) by the HIV/Liver postdoctoral fellow.

### **Didactic Training**

The extern will participate in the National HIV/Liver virtual seminar series, which focuses on the clinical care and mental health management of patients living with HIV or liver disease. This didactic occurs every other Monday from 9:00-10:00am, with the option to view a recording of the didactic. Case conferences will be every Tuesday morning from 11:00-12:00pm as part of group supervision. The Acceptance and Commitment Therapy (ACT) clinic and learning group is on Mondays, but you can also receive ACT-based supervision from Dr. Hua. Externs are able to participate in other didactic training or seminars available through the San Francisco VA Medical Center based on interest and availability (e.g. year-long substance use seminar, year-long seminar on Evidence Based Therapies).

Contact information: Dr. Hua at [William.hua@va.gov](mailto:William.hua@va.gov)

# Neuropsychology

The Neuropsychology Externship Program (20 hours/week) provides training in neuropsychological evaluation and consultation. Externs participate in weekly didactic training and case-conference meeting (2.5 hours). A variety of assessment techniques are taught and practiced, and basic psychometric principles are reviewed. Trainees gain experience applying a hypothesis-testing approach to the neuropsychological evaluation, and learn to select and integrate methods from clinical interviewing, intelligence testing, cognitive screening assessments, more detailed battery-approaches to neuropsychological assessment, projective testing, and traditional self-report techniques (MMPI-2, PAI, NEO-PI-R, etc.). Basic neuroanatomy is also reviewed in these seminars. Further opportunities are available for attendance at brain-cutting and psychiatry and neurology rounds.

The Neuropsychology Program provides consultation services to many different programs of the SFVAMC and VA clinics and programs in the surrounding region. Clinical conditions include neurodevelopmental conditions (e.g. LD and ADHD), acquired conditions related to strokes and TBI, Epilepsy) and neurodegenerative disorders including Alzheimer's dementia and Parkinson's disease, and other Axis I and Axis II mental health disorders (including PTSD, mood, and substance abuse disorders). Trainees will have an opportunity to perform evaluations for individually scheduled outpatient appointments or at the bedside, and to participate in the weekly multidisciplinary Memory Disorders Clinic. Trainees participate in all phases of patient evaluation and consultation, including information gathering, assessment, scoring and interpretation, report writing and case-conferences, feedback and consultation to patients, family members and health care providers. Referral questions are broad and range from educational evaluations and recommendations for accommodations, requests for diagnostic clarification, determination of decision making capacity, and more. Externs may also participate in neurorehabilitation and learn techniques to support or remediate cognitive impairment.

Dr.'s Filanosky and Rothlind are the supervising psychologists for this training experience. Dr. Filanosky is dually trained in rehabilitation psychology and clinical neuropsychology and board certified in the former. He co-leads the primary care behavioral health integrated clinic which he helped to develop in 2007 after completing his postdoctoral fellowship at Mount Sinai Hospital in New York. He is a licensed as a Psychologist in California. Dr. Rothlind has been the Director of the Neuropsychology Program at the SFVAMC since May, 1995. Prior to joining our Service, he served on the faculty of the University of Maryland School of Medicine (1992-1995), where he also provided training and supervision in the area of clinical neuropsychology. He is licensed as a Psychologist in California.

Contact information: Dr. Rothlind at [Johannes.rothlind@va.gov](mailto:Johannes.rothlind@va.gov)

# **Outreach and Administration in Women's and LGBTQ Healthcare**

## **Description of Externship Training**

Administrative positions are an excellent opportunity for psychologists to advance into leadership roles throughout their careers. The Outreach and Administration in Women's and LGBTQ Healthcare externship provides a unique opportunity to learn various aspects of outreach and administrative tasks that support a large, integrated healthcare system.

Both Women and LGBTQ Veterans are changing populations within VA, and face unique healthcare needs. As these populations and their needs change, outreach efforts must address those who are not yet enrolled in VA care, as well as those who may not know about specialty services available to them. Administrative efforts are often needed in order to support existing programs, as well as develop new programs in various areas of clinical care.

Since this position is in an integrated setting, it involves work on both medical and mental health related projects, meaning this is a great opportunity for those interested in health psychology to learn more about working in an integrated setting, as well as learn about the day-to-day operations of a medical service that are not typically part of other psychology training. There are also several opportunities to work on projects that can be turned into professional presentations, and possibly publications.

## **Potential Opportunities Available Include (But Are Not Limited To):**

- Assist in Quality improvement projects
- Prepare conference and publication materials
- Work with clinical data sets
- Attend outreach events
- Create outreach materials
- Conduct needs assessments
- Assist in program development projects
- Attend multidisciplinary meetings and rounds

## **Externship Position**

There is one externship training position available in the Outreach and Administration in Women's and LGBTQ Healthcare externship. Preference will be given to externs in their 3rd/4th year of training. The externship is structured as a part-time, supplemental (10-15 hours/week) training experience over a 12-month period. The extern will be expected to be on campus on Thursdays and Fridays (time spread across these two days; exact schedule on these two days is negotiable based on supervisor and extern trainee's availability). The training year begins on July 1st and continues through June 30th.

## **Supervision**

Weekly individual supervision is provided by Kaela Joseph, PhD, Staff Psychologist and Women Veterans Program Manager; additional supervision may be provided in specific activities (e.g. in-clinic supervision, curbside consultation) by Dr. Joseph, or by one of the Psychology Fellows working within the Women's or LGBT Program.

**Didactic Training**

Didactics in outreach and administrative tasks will be provided by the primary supervisor as part of ongoing supervision. The extern will have the option to participate in a number of other available didactics in integrated health, some of which can be attended remotely via phone or online if they fall on a day when the extern is not physically on site.

**Contact**

For more information, please contact Dr. Kaela Joseph at [kaela.joseph@va.gov](mailto:kaela.joseph@va.gov)



## Psychosocial Rehabilitation (PSR)

The Psychosocial Rehabilitation (PSR) externship focuses on providing recovery-oriented services to Veterans with serious mental illness (SMI). Practicum students will work with Veterans with diagnoses including schizophrenia, schizoaffective disorder, major depression, bipolar disorder, psychosis NOS, and severe PTSD, as well as co-occurring conditions. Clinical training is provided in a number of clinics and programs, across a continuum of coordinated services: Psychosocial Rehabilitation and Recovery Center (PRRC), the General Psychiatry Outpatient Service (GPOS), the Psychiatric Intensive Care Unit (PICU), the Workplace Violence Prevention Program (WVPP) and Telemental Health (TMH). Opportunities are available to provide short- and long-term individual and group interventions to Veterans with SMI, including individual recovery advising and evidence-based therapies such as Cognitive Behavioral Therapy for psychosis, and Social Skills Training. In addition, practicum students will have the opportunity to administer comprehensive neuropsychological assessments. All of these services will be provided according to the Recovery Model of PSR, reducing stigma, empowering Veterans to pursue their life goals, and promoting hope. Across settings there is an emphasis on interdisciplinary collaboration and approaches, and externs are valued members of interdisciplinary teams. Each extern will also participate in one recovery-oriented program development project during the year. The number of hours per week for each site and activity will be worked out collaboratively with the student at the outset of the practicum, to take into account the particular student's skills, interests, and training needs.

**NOTE: There will be an intensive period of training during the first 2 weeks that will require additional hours. All trainees must be here Tuesdays, Fridays, and one other day to be negotiated.**

Weekly individual and group supervision will be provided by Elena Bassett, PhD; Jennifer Boyd, PhD, CPRP; and Michael Drexler, PhD, CPRP. Externs will also participate in weekly didactic seminars covering a variety of topics related to psychosocial rehabilitation and recovery.

There are 3 PSR externship positions available. The externship is structured as a part-time (16-24 hours/week) training experience over a 12-month period.

Contact information: Dr. Jennifer Boyd at [jennifer.boyd@va.gov](mailto:jennifer.boyd@va.gov)

## Posttraumatic Stress Disorder Clinical Team (PCT)

The PCT at San Francisco VA Medical Center is one of the largest in the nation with regard to clinical activity. Our PCT specializes in the outpatient treatment of veterans from all eras who have PTSD related to combat, combat support, combat training, or military sexual trauma (MST) in the course of active duty military service. We also treat veterans whose primary mental health diagnosis is PTSD, regardless of trauma type, and a significant proportion of our patients have histories of complex trauma. Many of our veterans suffer from co-morbid disorders, depression and substance abuse being the most frequent. Issues regarding medical illness, chronic pain, postwar adjustment, and relationship stress are increasingly common.

We serve a predominantly male population ranging in age from 18 to 90+ years, although the number of women accessing services is increasing. Our population is quite diverse, with multiple ethnicities (including significant numbers of Filipino American veterans), ages, sexual orientations and levels of SES represented. Veterans are not required to have served in a war to be treated by the PCT; however, our largest cohorts are Vietnam Era veterans and veterans of the current wars in Iraq and Afghanistan (Operation Enduring Freedom [OEF] and Operation Iraqi Freedom [OIF]). We also serve World War II/Korean War veterans and veterans from modern deployments (e.g., Persian Gulf, Desert Storm, Desert Shield and peacekeeping operations).

**Training Opportunities:** PCT offers 16- to 20-hour per week psychology practicum placements (externships); we anticipate having 2 positions available for the 2016-2017 training year. **Please note that our externship is best suited for externs who are entering their 3<sup>rd</sup> or 4<sup>th</sup> year of practicum training and who have some previous experience working with patients with PTSD.** Staff supervision is provided by psychologists G. Dawn Lawhon, PhD, Shira Maguen, PhD, Susan Maxwell, PsyD, and Martha Schmitz, PhD. Our extern will also have the opportunity to engage in individual supervision with one of our post-doctoral fellows, who specialize in working with PTSD in returning veterans and comorbid PTSD/substance use disorders.

Our externs gain proficiency in specialty evaluation, treatment planning, and treatment engagement of veterans with PTSD, many with co-occurring substance use disorders, mood disorders, and/or chronic pain. Using a phase-based approach to trauma recovery (i.e., evaluation, stabilization, exposure/uncovering, integration and relapse prevention, maintenance), our trainees learn to provide both time-limited and long-term individual and group psychotherapy. There is also the opportunity to train in the provision of telemental health with veterans who live in remote areas.

Training in the assessment and diagnosis of PTSD primarily takes place in the context of the SFVAMC Behavioral Health Access Center. This intake clinic serves as the starting point for patients entering mental health care at SFVA. The PCT extern will be assigned to one Access Center shift (2-4 hours weekly), and will work closely with the PTSD specialist on that team, first observing and later conducting specialty PTSD evaluations with close supervision. The extern will also receive training in the assessment of PTSD using the Clinician-Administered PTSD Scale (CAPS), the PTSD Checklist (PCL), and other relevant measures. Supervision is provided by PCT staff both in-clinic and as needed in additional supervision time outside of the Access Center shift.

Training in interdisciplinary and brief treatments for PTSD primarily occurs in the context of the PTSD 360 Clinic. This is a multidisciplinary clinic staffed by psychiatry, psychology, social work, and peer support personnel, in which PTSD-specialty medication management and brief individual behavioral treatments are provided. The PCT extern will be assigned to one 3-hour clinic shift, in which the trainee will (1) conduct brief PTSD stabilization-focused individual psychotherapies (typically 4-8 sessions) and (2) learn and administer brief structured interventions (typically 1-2 sessions), including Motivational Interviewing and Brief CBT for Insomnia. Supervision is provided in-clinic by PCT Post-Doctoral Psychology Fellows with the support and guidance of staff who specialize in these areas.

With regard to training in individual psychotherapy for PTSD, the focus in the first half of the externship training year is on developing competency in stabilization, maintenance, and non-exposure based treatments for PTSD (e.g., psychoeducation and treatment engagement, Cognitive Behavioral Therapy for PTSD, Seeking Safety and grounding from emotional pain, etc.). Based on the extern's progress in these areas, specialized training in Cognitive-Processing Therapy for PTSD may be provided in the second half of the year. Though most individual therapy offered in PCT is time-limited and structured, there are also opportunities to provide longer-term care using psychodynamic, interpersonal, and/or other theoretical orientations.

Group psychotherapy is central to our treatment approach, and we offer our patients a full range of modalities, including drop-in psychoeducation, support, wellness, and meditation groups, time-limited skills-based classes, and ongoing long-term process groups. We strive to provide the extern with opportunities to co-facilitate a mix of these, with a supervisory emphasis on learning how to provide group-based treatments that enhance our veterans' knowledge of PTSD symptoms and healthy coping strategies, with focused skill-building to decrease emotional reactivity and increase mindfulness-based self-care.

In addition to individual and group supervision in the context of Access Center and 360 Clinic, the extern will receive 1 hour per week of individual supervision with a PCT staff psychologist and 1 hour per week of individual supervision with a PTSD-specialty post-doctoral fellow, in which the focus will be on individual therapy cases and professional development (including preparing for internship application). In addition, the extern will meet for brief supervision with co-therapist(s) following group therapy meetings, and will receive group supervision on a periodic basis throughout the year.

The PCT extern will also attend a weekly multidisciplinary seminar and clinical conference, which reviews the empirical literature pertaining to a number of different topics relevant to PTSD, including: epidemiological research findings, diagnostic research, treatment research (e.g., relative efficacies of group and individual therapies, research on cognitive behavioral, psychodynamic, exposure therapies), physiological findings in PTSD, psychopharmacological treatment of PTSD, and cultural factors in the expression of and treatment for PTSD within various subpopulations.

Contact information: G. Dawn Lawhon, PhD, Coordinator of Psychology Training for PCT at [dawn.lawhon@va.gov](mailto:dawn.lawhon@va.gov)

## **Substance Use Disorders / PTSD Clinic (SUPT)**

The Addiction Recovery Treatment Services (ARTS) in the Mental Health Service is comprised of several programs combined to address the individual and diverse treatment needs of veterans with substance use disorders. An extern will work in one of those clinics, the Substance Abuse/PTSD Clinic (SUPT). This will allow the extern to gain in-depth experience treating these co-occurring conditions commonly encountered in both veteran and non-veteran populations, which often lead to substantial problems in functioning.

The co-complicating nature of the two disorders is such that over time, addiction interferes with amelioration of the trauma disorder and the trauma disorder in turn discourages seeking or obtaining recovery from addiction. The extern will learn techniques to work with these populations in a phase-oriented program which emphasizes group treatment, individual psychotherapy and psycho-educational modalities (e.g., anger management; mindfulness approaches; PTSD symptom management; relapse prevention). In SUPT, the trainee will develop a starting foundation to provide evidence-based treatments for PTSD (i.e., cognitive processing therapy & exposure-based treatments), systems informed, cognitive-behavioral, psychodynamic therapies, and increase understanding of the neurobiological underpinnings of substance use disorders and psychopharmacology.

The extern will work with a highly collaborative interdisciplinary team. The SUPT Team is one of only four specialized programs in the VA system dedicated to outpatient treatment of veterans with co-occurring Substance Use Disorders (SUDs) and PTSD who served in combat or who experienced sexual trauma in the military. The team consists of a psychiatrist, two psychologists, two social workers, postdoctoral psychology fellows, doctoral interns, externs, social work externs, psychiatry residents, and psychiatry fellows. This team provides a supportive context for extern clinical skill development and the exploration and insight into the common countertransference reactions to this patient population.

There is a weekly interdisciplinary team meeting and a didactic seminar during which trainees have the opportunity to present their cases and interesting topics and to learn from the team about the complex nature of treating co-occurring PTSD and substance use disorders. Clinical opportunities include co-facilitation of psychotherapy groups (e.g., process-oriented and skills-based), individual psychotherapy cases (both long-term and short-term problem-focused), and psychodiagnostic assessments/treatment planning.

Should the extern desire, s/he will have the opportunity to plan, develop, and implement a psychotherapy group of choice with the substance use postdoctoral fellow. Examples of such from the past have been Dialectical Behavior Therapy (DBT) groups, Seeking Safety groups, Mindfulness groups, Anger Management, and others.

The extern will receive up at least 1 hour of individual supervision weekly with the SUPT psychologist, with the likely opportunity for a second hour weekly provided by a postdoctoral fellow.

Psychological assessment is not a core experience of this externship, though previous externs have had the opportunity to complete at least one psychological assessment battery, write a comprehensive integrated report, and present the findings to the team.

**\*Schedule Requirements:** The extern is expected to complete between 16 to 20 hours weekly on the externship.

In addition, the extern is required to be available on:

- Monday afternoons (12-4:00pm)
- Wednesday afternoons (12-4:00pm)
- Friday mornings (8-12:00pm)
- Remaining hours for the externship can be scheduled at the extern's convenience.

Contact information: Samuel Wan, PhD at [samuel.wan@va.gov](mailto:samuel.wan@va.gov)

## Telemental Health Psychology

The TMH Section provides mental health care to Veterans through VA community-based outpatient clinics (CBOCs) and in Veteran residences using secure videoconferencing. The program aims to improve Veteran care access and to reduce the number of miles that patients must travel to receive mental health services. The TMH Section connects psychologists, psychiatrists, social workers, psychiatric nurses, and certified peer specialists to clinics throughout the area that require additional mental health services including consultation, brief intervention, diagnostic assessments, medication management, individual psychotherapy, group psychotherapy, and specialized interventions (e.g., evidence-based psychotherapies), as well as to Veterans in their homes. This training experience also offers the unique diversity and cultural perspective of working with the psychosocial aspects presented by Veterans who live in rural and very rural areas of the SFVAHCS catchment.

The TMH Section exists within the larger Mental Health Service at the SFVAHCS and consists of an interdisciplinary team of behavioral health providers. The TMH provider collaborates with the Veteran's local providers to ensure comprehensive care. TMH providers also deliver care into the residences of those Veterans who have limited care access secondary to barriers (e.g., medical problems, distance to nearest VA clinic, limited daytime availability). Furthermore, the TMH team provides education and training opportunities to SFVAHCS clinicians interested in learning more about these services. The Veterans served by TMH include male and female adults and older adults with a range of mental health concerns including anxiety, mood disorders, PTSD and marital discord (to name a few).

**Training Opportunities:** TMH offers 16- to 20-hour per week psychology practicum placements (externships); we anticipate having 1 position available for the 2017-2018 training year. **Please note that our externship is best suited for externs who are entering their 3<sup>rd</sup> or 4<sup>th</sup> year of practicum training and who have some previous experience working with patients with PTSD.** Staff supervision is provided by psychologists Michael Drexler, Ph.D., Shilpa Reddy, Ph.D., and Erik Shumaker, Ph.D.

**Assessment:** There are opportunities for psychodiagnostic and neuropsychological assessment that has been developed for use through TMH

**Psychotherapy:** Our externs gain proficiency treatment planning, and treatment engagement of Veterans in rural and very rural locations through the use of videoconferencing at the Northern CBOCs and in the Veteran's home. They have opportunities to provide individual and group psychotherapy using CBT, ACT, CPT and other evidence-based practices.

**Research and Program Evaluation:** The extern can be involved in research and program evaluation with time permitting.

Contact information: Michael Drexler, Ph.D., [Michael.Drexler@va.gov](mailto:Michael.Drexler@va.gov); Shilpa Reddy, Ph.D., [Shilpa.Reddy5@va.gov](mailto:Shilpa.Reddy5@va.gov); and Erik Shumaker, Ph.D., [Erik.Shumaker@va.gov](mailto:Erik.Shumaker@va.gov)

## Women's Mental Health

The Women's Clinic Mental Health Program provides clinical training in trauma-informed and gender sensitive mental health treatment. The externship training experience offers an opportunity to work in a collaborative setting with a multidisciplinary team consisting of psychology, psychiatry, social work, nurse practitioners, and primary care providers. Patients in the Women's Clinic are women and transgendered veterans from multiple service eras and spouses of disabled veterans who present with a wide array of mental health issues. Many patients presenting to the Women's Clinic have histories of complex trauma, Military Sexual Trauma, and interpersonal difficulties. The extern in the Women's Clinic will primarily receive training and supervision in the treatment of depression, risk management, personality disorders, PTSD, and other anxiety disorders. As a part of standard care for many patients, externs will gain exposure to coordination of care with other SFVA specialty clinics, such as pain management and substance use disorders, other VA resources such as the Vet Center, and community-based mental health services.

The pre-doctoral extern in the Women's Clinic has the opportunity to co-facilitate groups such as Seeking Safety, Acceptance and Commitment Therapy, Cognitive-Behavioral Therapy for Depression, and Mindfulness-based Stress Reduction. In addition, the extern will have the opportunity to provide short and long-term psychotherapy utilizing primarily Cognitive Behavioral Therapy (CBT), Interpersonal Psychotherapy (IPT), and Dialectical Behavioral Therapy (DBT). The extern will also participate in the Access Center, an intake clinic for new patients entering or reentering the mental health system at the SFVAMC.

There will be one pre-doctoral externship training position available in the Women's Clinic in the 2016-2017 training year. The extern will be supervised by primary supervisor and Women's Clinic staff psychologist, Dr. Jacy Leonardo, and participate in supervision with the post-doctoral psychology fellow. Pre-doctoral externship training in the Women's Clinic is structured as a part-time (20 hours/week) training experience over a 12-month period. The training year begins on July 1st and continues through June 30th. The pre-doctoral extern in the Women's Clinic spends his/her time as follows:

<b>%</b>	<b>Hrs/wk</b>	<b>Training Activity</b>
80	16	Direct patient care
5	1	Seminar/didactic Training
10	2	Individual/group supervision (Dr. Leonardo)
5	1	Case conference

Contact information: Dr. Leonardo at [jacya.leonardo@va.gov](mailto:jacya.leonardo@va.gov)

San Francisco VA Health Care System  
Psychology Externship Training Program

**Please email all materials to: [SFVAMC\\_MHS\\_psychology\\_practicum@outlook.com](mailto:SFVAMC_MHS_psychology_practicum@outlook.com)**

*Please copy and paste this application into a word document and type.*

**Application Checklist:**

\_\_\_ Sections 1-3 of the application

\_\_\_ Curriculum Vitae

\_\_\_ Three letters of recommendation to support your application. They may be addressed to Dr. Rollins and emailed by the writer to the address provided above.

*Note: One of these, from the Director of Training or a professor at your graduate school, must indicate approval of your seeking placement at the SFVAHCS and confirmation of your graduate student standing.*

\_\_\_ Graduate Program Transcript (unofficial will be considered but official will be required if accepted).

*Note: Graduate school transcripts may be mailed separately to the address below if they cannot be sent electronically.*

**Please email application materials to: [SFVAMC\\_MHS\\_psychology\\_practicum@outlook.com](mailto:SFVAMC_MHS_psychology_practicum@outlook.com)**

Transcripts unable to be sent electronically, may be mailed to:

**Danielle Moriarity  
Psychological Services  
Mental Health Service  
San Francisco VA Health Care System  
4150 Clement Street (116B)  
San Francisco, CA 94121**



## **Section 1:**

Please rank order those areas of training to which you are applying:

- ☐ Santa Rosa CBOC
- ☐ San Bruno CBOC
- ☐ General Addictions Clinic
- ☐ General Psychiatric Outpatient Clinic (GPOS)
- ☐ Health Psychology
- ☐ Integrated Care Psychology: HIV and Liver Disease
- ☐ Neuropsychology
- ☐ Outreach and Administration in Women's and LGBTQ Healthcare
- ☐ Psychosocial Rehabilitation (PSR)
- ☐ PTSD Treatment (PCT)
- ☐ Substance Abuse/PTSD Clinic (SUPT)
- ☐ Telemental Health Psychology
- ☐ Women's Mental Health

**Name:**

**Mailing Address:**

**Preferred phone number(s):**

**US Citizen:**    Yes    No

**Graduate School:**

**Director of Clinical Training:**

**APA Accredited:**        Yes                      **No (MUST BE ACCREDITED TO APPLY)**

**Type of Program:**        Clinical                      Counseling

**Type of degree:**        Ph.D.                      Psy.D.

**Practicum Training Year** (*i.e., first, second, third, elective*):

**Date of completion of course work for doctoral degree:**

**Date of completion of any qualifying examinations:**

**Date of completion of dissertation:**

## **Section 2:**

Please complete the following three essays. Please limit to one page if possible.

1. Please describe your clinical experience (including clinical settings, patient or client population, duties in each setting, and approximate number of supervised clinical hours in each setting). Also indicate if you expect to obtain additional clinical experience between the time of your application and the beginning of the externship. Discuss the nature of your supervised experience.
2. Please describe your experience with both psychological assessment and research. Also indicate if you expect to acquire more experience before July.
3. Please discuss your interest in the emphasis areas to which you are applying and your goals for externship. Be specific regarding the types of clinical experiences you are seeking. Also, please describe how these goals fit within your overall plan for clinical training during graduate school (you may describe more than one emphasis area in this section).

### **Section 3:**

#### **Agreement Regarding Representation of Training Experience**

I, \_\_\_\_\_(printed name) understand that I am applying a training experience with the Psychological Services/Mental Health Service, San Francisco VA Health Care System that is classified as an "Externship." Should I be accepted, I agree to represent this training at all times as an "Externship," and I agree not to represent it anywhere (whether verbally, on a CV, to a license agency, etc.) as an "Internship" or as part of an internship. While my graduate school may count this externship experience toward its internally defined criteria for satisfying "internship" requirements, I will make sure that it does not represent to anyone externally that I obtained part or all of an "internship" at the SFVAHCS.

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Signature

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Date